

Simple Flan



I know, I know there are hundreds of recipes for flan and here I am sharing another one...but trust me, this recipe is very simple and only requires a few ingredients. Moreover, I can assure you that whoever tries this flan will fall in love with it. It is not overwhelmingly sweet and the texture is silky and creamy. There are no words to describe it! It is true that it is loaded of calories, but we need to indulge ourselves once in a while right?

You can bake the flan in small size ramekins or when going to a potluck, I like to bake the flan in a pyrex form. Everytime that I am going to a potluck party and do not know what to bring...or do not feel like cooking/baking...flan is the solution. It is simple,easy and enjoyed by all...Okay, enough of bragging about this flan, let's go to the ingredients and method.

Ingredients:

Caramel

$\frac{1}{2}$ cup sugar

Enough water to dissolve the sugar, approximately $\frac{1}{4}$ cup

Flan

1 can of condensed milk (NOT evaporated milk)

3 cans of skim milk (measured by the condensed milk can)

5 eggs

1 teaspoon vanilla extract





Method:

Caramel

In a small pan place the water and the sugar, mix until the sugar is dissolved. Boil the sugar mix until the water is totally evaporated and the sugar is thick and brown. Do not mix while it is cooking otherwise the sugar will crystallize. Carefully pour the caramelized sugar into the ramekins and gently rotate the ramekin so the caramel is evenly spread. Let the sugar cool down and set the ramekins aside.

Flan

In a blender add all the ingredients listed under “flan”, make sure that it is well mixed. Pour into the ramekins where the brown sugar is already hard. The flan mixture will be liquidy at this stage. Bake the flan in water-bath (banho-maria in Portuguese) for approximately 1 to 1 ½ at 275F. The top will be slightly golden and when gently shaken, the flan in

ramekins will feel settled.

Let it cool completely and refrigerate for at least 2 hours or overnight.

Before serving, place a plate larger on top of the ramekin and in one movement, flip the ramekin carefully on a plate. Tap on the ramekin a couple of times and the flan will slide on the plate together with the caramel sauce

Garnish as desired and serve.





If you enjoy this simple flan recipe you might want to check on a richer version of flan recipe.

Curiosity Corner

Did you know that flan recipes are found as far back as ancient Rome and is was originally a savory dish? The word “flan” is derived from the Latin “flado”, which means flat cake.

Thank you for stopping by Simple Recipes and have a great week!